
The Self-Evaluation Checklist—Part One

About Me and About My Learning Profile

Read each point and decide if it is easy for you, a little difficult for you, or difficult for you. Check the column that best describes how you feel about each idea.

Area	Easy	A Bit Difficult	Difficult
About Me			
1. Seeing school as a positive experience every day			
2. Seeing myself being successful at school			
Self-Advocacy			
3. Accepting my strengths & difficulties in learning			
4. Understanding my learning strengths and weaknesses			
5. Feeling good about myself and about my abilities			
6. Explaining my learning strengths & weaknesses to others			
7. Taking responsibility for my learning			
8. Asking my teacher or others for help			
9. Asking questions in class			
10. Doing my own work			
11. Listening to other people's advice & taking their advice			

The Self-Evaluation Checklist—*Part One continued*

Area	Easy	A Bit Difficult	Difficult
Attention			
12. Paying attention in class			
13. Keeping focused on my work at school			
14. Keeping focused on my school work at home			
15. Focusing on something I really enjoy doing (e.g., playing the guitar, surfing the net, etc.)			
16. Thinking about a situation and/or the consequences of my actions before reacting to it			
Printing and Handwriting			
17. Printing or handwriting neatly			
18. Printing or handwriting fast enough to keep up			
19. Copying notes from the board and taking notes in class			
Reading			
20. Reading words, sounding out words			
21. Understanding what I read			
22. Paying attention to what I read			
23. Reading fast enough to keep up			

The Self-Evaluation Checklist—Part Two

Area	Easy	A Bit Difficult	Difficult
Composition & Grammar Skills			
24. Thinking of ideas for stories			
25. Finding the right words to use when I write			
26. Writing complete and correct sentences			
27. Writing and organizing a paragraph			
28. Organizing and writing an essay			
29. Writing enough about a topic			
30. Staying on topic when I write			
31. Using the correct grammar and punctuation in writing			
32. Knowing what to check when I edit my writing			
33. Spelling—on spelling tests			
34. Spelling when I write stories, projects and essays			
35. Researching for a project			
Math			
36. Remembering my times tables			
37. Remembering math facts			
38. Understanding word problems in math			
39. Remembering the steps to work out a math problem			

The Self-Evaluation Checklist—*Part Two continued*

Area	Easy	A Bit Difficult	Difficult
Oral Expression (Speaking)			
40. Giving an oral presentation			
41. Finding the right words to explain what I mean when I speak			
42. Having confidence to speak up in class			
Listening Skills			
43. Following directions in class when my teacher is speaking			
44. Understanding the meaning, or main idea, of what someone is trying to tell me			
Study Skills			
45. Memorizing vocabulary in subject areas			
46. Taking tests			
47. Studying for tests—knowing what I need to study and knowing if I understand what I need to know			
Organizational Skills			
48. Keeping important papers and things in a safe place so I don't lose them or forget where I put them			
49. Writing down homework, tests, and notes every day			
50. Organizing my homework and school work			

The Self-Evaluation Checklist—Part Three

Area	Easy	A Bit Difficult	Difficult
Homework			
51. Sitting down to do homework			
52. Handing in homework			
Computers			
53. Keyboarding on a computer			
54. Understanding how computers work			
55. Doing writing assignments on the computer			
Hands-on Projects and Tasks			
56. Creating art: drawing, painting, sculpting			
57. Working on 'hands-on' projects such as mechanics, electronics, construction, baking, sewing, or crafts			
Extra-Curricular Activities			
58. Playing individual sports			
59. Playing team sports			
60. Playing a musical instrument			
61. Reading music			
62. Acting			
63. Singing			
64. Dancing			

The Self-Evaluation Checklist—*Part Three continued*

Area	Easy	A Bit Difficult	Difficult
Social			
65. Feeling comfortable with new people in new situations and making friends			
66. Getting along with my teachers and classmates			
67. Reading what people mean by their facial expressions and gestures			
Other Areas			
68.			
69.			
70.			

The Self-Evaluation Checklist—Part Four: Summary

My Strengths:
1.
2.
3.
4.
My Challenges:
1.
2.
3.
4.
My Strategies & Accommodations
1.
2.
3.
4.
My Goals:
1.
2.
3.
4.

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